



Notes from the Director

Don't Give Up!

College is challenging. College is expensive. You have probably questioned whether or not it is worth it and have most likely thought about dropping out at least once-- but you didn't. Why? Because you KNOW that the college degree you are working towards will be worth it in the long run.

In addition to the knowledge and personal achievement you gain in college, your degree, as you know, will bring you financial gain. According to the U.S. Bureau of Labor Statistics (2008), the following table reflects median annual earnings in 2007 of the 25 years and older population:

- High school graduate with no college: \$31,408
- Associate degree: \$38,480
- Bachelor's degree: \$51,324
- Master's degree: \$60,580

Some tips for academic success:

1. Go to class unless you absolutely cannot. Some great reasons for not going to class can include:
 - "I don't really need to go. I can get the notes from someone else."
 - "It's too early."
 - "It's too much effort."
 - "I don't feel like it."
 - "I don't get much out of class anyway."

Go to class. You do get something out of it, even if you don't think you do.

2. Review your notes right after class. You will learn the presented information more efficiently while it's fresh in your mind, which reduces study time.
3. Don't look too far ahead. Of course you need to know the big picture and complete a degree plan. But try not to perseverate or succumb to negative thinking that you won't be able to do it. Register for your classes each semester, go to class and do the work. Do this one day at a time, and before you know it the semester will be over. Looking at four years or so of classes is too overwhelming. Break it down into small, manageable portions.



4. **Communicate!** This is one of the most important keys to academic success. Inform your instructors when you need help or don't understand something. Tell them when you cannot get something done on time or attend class. Don't miss a due date and then ask to make it up after it has passed. If you don't feel like speaking to your instructor, send them an e-mail-- but communicate with them. Difficulties can be worked out on the front end. If you wait until after something is due or until the semester is too far along to catch up, it may be too late.

Sure, these things may be possible for someone who doesn't have a disability, but what about a student who has a disability? You can do these things as well, but your route may be a little different.

Because of your disability there may be times that you cannot attend class or complete work. Or it may take you longer to finish things. Get your coursework done in advance when you can, in the event that you experience a period in which you cannot. Utilize your accommodations when you need them. If you can't get something done on time and you have the accommodation of "Occasional exceptions to absentee/tardiness policies," and/or "Occasional extensions of due dates" on your Student Accommodation Form, ask your instructor if you can utilize these accommodations when you need them. Let your CSD counselor know if you encounter any difficulties.

You may have to work harder, longer, and perhaps a little differently than your fellow students who do not have disabilities (that you know of). But this will make your college degree all the more meaningful. The sense of accomplishment you feel WHEN you obtain your degree will be incredible. This feeling of accomplishment will stay with you for the rest of your life.

You can do this. Say this to yourself several times a day. Let us know at CSD how we can help you succeed. Utilize the numerous helpful campus resources that you pay for with your student service fees, such as Learning Support Services, the Writing Center, Counseling and Psychological Services, and the Student Health Center.

Cheryl Amoruso
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Spotlight On...

G.I. Bill

The Post-9/11 GI Bill is for Veterans who have at least 90 days of aggregate service on or after September 11, 2001, or Veterans who were discharged with a service-connected disability after 30 days. Veterans must have received an honorable discharge to be eligible for the Post-9/11 GI Bill.

The Post-9/11 GI Bill became effective on August 1, 2009. This program will pay eligible Veterans tuition & fees, a monthly housing allowance (based on the basic allowance for housing for an E-5), and an annual books & supplies stipend of \$1,000 (paid proportionately based on enrollment). This program provides up to 36 months of educational benefits. Generally benefits are payable for 15 years following release from active duty.

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WHAT'S NEW?

Notes on MRSA

"MRSA" stands for Methicillin Resistant Staphylococcus Aureus, which means that the causative bacterium is resistant to the usual antibiotics used to treat most infections. The bacteria are present everywhere, including the surface of the skin, and are spread to deeper bodily structures, perhaps through a cut or pimple. The infection typically begins as a small red "bump" which becomes a painful, inflamed, pus-filled boil, spreading rapidly to adjacent tissue. **MAKE NO MISTAKE: IT CAN CAUSE DEATH.**

Some of the risk factors include: contact sports; sharing towels or other personal items; unsanitary living conditions; concomitant diseases such as diabetes; and a weakened immune system.

Prevention and treatment should be focused on: washing the hands and body thoroughly; not sharing personal items; avoiding contact with infected individuals; cleansing and dressing all infected areas; and seeking medical treatment from your physician.

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Chief Physician
Student Health Center
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Academic Advising 101

The Academic Advising Center supports undergraduate students' core curriculum study and academic success, especially during their freshman year. Students who have not declared a major at the point of admission to the University of Houston are offered assistance through the Academic Advising Center to help them make an informed decision about a major field of study.

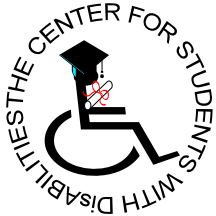
All students need to declare a major by the beginning of their junior year (60 credit hours), if they have not already done so. This office is also the primary advising resource for:

1. New students.
2. Undeclared students.
3. Students on Academic Warning.
4. Students in transition.
5. Prospective students.
6. Alternative major exploration.
7. Students seeking Texas Success Initiative (TSI) information.
8. Advisor training and certification.
9. Pre-health and pre-law advising.

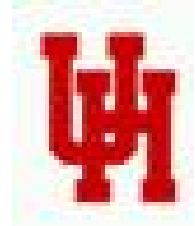
The Academic Advising Center is located in room 56 University Libraries, via the back entrance to the M.D. Anderson Library. We are open Monday and Tuesday, 8:00 a.m. to 7:00 p.m., and Wednesday through Friday, 8:00 a.m. to 5:00 p.m.

Dr. Diana Velez
Director
Undergraduate Scholars
(832) 842-2100
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OPPORTUNITIES. . .



THE ERIC P. ALEXANDER MEMORIAL SCHOLARSHIP



The University of Houston Center for Students with DisABILITIES (CSD) is proud to offer the Eric P. Alexander Memorial Scholarship. This scholarship is given in loving memory of a young man who had a disability.

The purpose of this scholarship program is to encourage UH students who have learning disabilities to pursue their educational and career objectives. Scholarship recipients will be awarded up to \$1000 for the 2009-2010 academic year.

Scholarship Eligibility Requirements

- Applicant must be a UH student who has a learning disability as defined by CSD guidelines.
- Applicant must be eligible for financial aid through the University of Houston for the academic year he/she applies for the scholarship.
- Applicant must be a sophomore, junior, or senior full-time or full-time equivalent degree-seeking student.
- Applicant must have a cumulative GPA of 2.5 or higher.

Applicants must submit a complete original application packet plus six (6) copies to CSD on or before **August 14, 2009**.

Criteria for Selection

The Eric P. Alexander Memorial Scholarship Selection Committee will select the scholarship recipients, based on merit and financial need. Recipient selection will be based upon information received from the Office of Scholarships and Financial Aid, transcripts, evaluation forms/letters of recommendation, and the applicant's essay. All decisions of the Committee are final.

Have a safe and happy summer!



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